

### **Abstract**

Disengageable ski binding having a carrying plate which is provided as a standing surface for a ski boot and is arranged on a ski-mounted base part such that it can be rotated about a vertical axis of the base part counter to an adjustable resistance of a first latching device, and having disengageable front and rear sole holders which are arranged on the carrying plate, it being the case that the rear sole holders can be disengaged counter to an adjustable resistance of a second latching arrangement, which is separate from the first latching device, and/or the front sole holders are locked within a predetermined angle-of-rotation region of the carrying plate, without affecting the resistance of the first latching device, and are unlocked outside the region of rotation.